



# National Social Service Resources

## 国家社会服务资源



### UNITED WAY/联合方式

Community and social services, such as food pantries, emergency shelter, childcare, housing, and more services to assist individuals and families. Calls are private and confidential. Assistance is provided in more than 300 languages. 211 services are also available through United Way's website <https://www.211.org/>

社区和社会服务，例如食品储藏室、紧急避难所、育儿、住房、以及更多帮助个人和家庭的服务。通话是私下进行，且保密。提供了300多种语言的协助，还可通过联合方式 (United Way) 的网站 <https://www.211.org/>，获得211种服务。

2-1-1

 **Interactive Website/App of National Resources:** <https://find.usahello.org/#/welcome> (available in English, Spanish and Arabic) is a free app for refugees, asylum seekers, and immigrants. The app provides information about services in local communities anywhere in the USA. Services may include immigration help, English classes, and health care.

互动式网站/国家资源应用程式：<https://find.usahello.org/#/welcome> (提供英语、西班牙语、阿拉伯语) 是为难民，寻求庇护者和移民而设的免费应用程序，提供在全美任何地方，其当地社区各项服务的信息，其中包括移民帮助，英语课程和保健照护。

### SUBSTANCE ABUSE/药物滥用

**U.S. Department of Health and Human Services (HHS) Substance Abuse and Mental Health Services Administration's (SAMHSA) toll-free telephone number for alcohol and drug information, treatment, and referral.**

美国卫生与公共服务部 (HHS) 药物滥用和精神卫生服务管理局 (SAMHSA) 免费电话号码，提供酒精和毒品信息，治疗和转诊推荐。

1-800-662-HELP  
(4357)

### HUMAN TRAFFICKING AND SEXUAL ASSAULT/人口贩运和性侵犯

**To report suspected human trafficking to Federal law enforcement:** 1-866-347-2423 (866-DHS-2 ICE)

向联邦执法部门举报可疑的人口贩运活动：1-866-347-2423 (866-DHS-2-ICE)

1-866-347-2423  
(866-DHS-2-ICE)

**To get help from the National Human Trafficking Hotline:** 1-888-373-7888 or text HELP or INFO to BeFree (233733)

要从全国人口贩运热线获得帮助：1-888-373-7888或于BeFree (233733) 短信HELP或INFO

1-888-373-7888  
or text HELP or INFO to  
BeFree (233733) )/或  
于BeFree (233733)  
短信HELP或INFO

**RAINN-National Sexual Assault Hotline.** Free. Confidential. 24/7

RAINN-国家性侵犯热线。免费。保密。24/7

1-800-656-4673



# National Social Service Resources

## 国家社会服务资源



### EMERGENCY DISASTER HELP/紧急灾难救援

American Red Cross 美国红十字会	1-800-733-2767
American Association of Poison Control Centers 美国毒物控制中心协会	1-800-222-1222
<b>Centers for Disease Control (CDC) COVID-19 Information Line for Emergency Questions and Urgent Needs for Information</b>  疾病控制中心 (CDC) 冠状病毒疾病-19咨询热线为紧急问题和急切需要信息而设	800-CDC-INFO (800-232-4636) TTY 888-232-6348

### MENTAL HEALTH INFORMATION AND REFERRAL/心理健康信息和转诊推荐

Grief Recovery Hotline 修复悲伤热线	1-800-662-4357
National Mental Health Association 全国精神卫生协会	1-800-969-6642

### TRAUMA/创伤

National Suicide Prevention 24 Hour Hotline 全国预防自杀24小时热线	1-800-273-TALK (8255)
---	--------------------------

### VICTIMS OF CRIME/犯罪受害者

National Center for Victims of Crime 国家犯罪受害者中心	1-855-484-2846
---	----------------

### DOMESTIC VIOLENCE/家庭暴力

National Domestic Violence Hotline 全国家庭暴力热线	1-800-799-SAFE (7233)
--	--------------------------

### WOMEN'S HEALTH/妇女健康

National Women's Health Information Center 国家妇女健康信息中心	1-800-994-9662
--	----------------